



Circassian Chicken Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken breasts skinless
- ☐ 4 tablespoons walnut oil
- ☐ 4 teaspoons paprika
- ☐ 1.5 cups walnuts divided chopped
- ☐ 3 garlic cloves chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 1 teaspoon cayenne to taste
- ☐ 2 tablespoons parsley divided chopped

- ☐ 2 slices bread
- ☐ 1 quart chicken stock see
- ☐ 4 servings salt and pepper black
- ☐ 4 juice of lemon

Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ pot

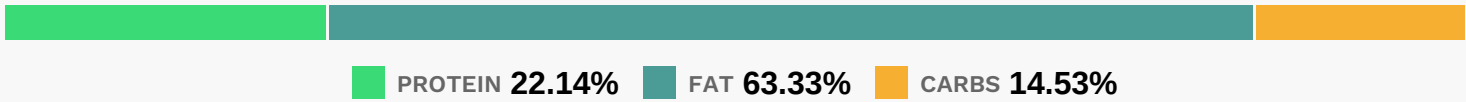
Directions

- ☐ Poach the chicken breasts: Bring the chicken stock to a simmer and add the chicken breasts.
- ☐ Add some water if there is not enough liquid to cover the meat. Simmer gently for 10 minutes, then turn off the heat.
- ☐ Heat paprika in olive or walnut oil: Meanwhile, heat the olive or walnut oil in a small pot over low heat and add the paprika. Stir well to combine.
- ☐ Heat until you can smell the aroma of the paprika, then turn off the heat.
- ☐ Soak bread in broth: Tear the bread into chunks and put into a bowl. Ladle out about a cup or two of the chicken broth and pour it over the bread.
- ☐ walnut paste: Put one cup of the walnuts into a food processor.
- ☐ Add the garlic, the cayenne, about a teaspoon of salt, 1 Tbsp of the parsley and the soaked bread. Pulse to make a thick, relatively chunky paste.
- ☐ If it needs a bit more chicken broth to loosen up, add some a tablespoon at a time.
- ☐ Stir the paprika-oil, then pour it into the food processor and buzz to combine.
- ☐ Add salt to taste.
- ☐ the salad: Tear the chicken breasts into shreds. Put it in the bowl with the remaining 1/2 cup walnuts, the green onions and 1 Tbsp of parsley.
- ☐ Add the walnut-paprika paste from the food processor to the bowl and stir gently to combine everything thoroughly.

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Add black pepper and lemon juice to taste.

Nutrition Facts



Properties

Glycemic Index:54.92, Glycemic Load:4.57, Inflammation Score:-9, Nutrition Score:32.656086880228%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 682.37kcal (34.12%), Fat: 49.47g (76.1%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 20.92g (7.61%), Sugar: 6.81g (7.57%), Cholesterol: 79.67mg (26.56%), Sodium: 734.82mg (31.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.91g (77.82%), Manganese: 1.77mg (88.67%), Vitamin B3: 17.17mg (85.85%), Selenium: 48.21µg (68.88%), Vitamin B6: 1.35mg (67.26%), Vitamin K: 52.05µg (49.58%), Phosphorus: 487.74mg (48.77%), Copper: 0.91mg (45.5%), Magnesium: 122.3mg (30.57%), Vitamin A: 1443.69IU (28.87%), Potassium: 996.35mg (28.47%), Vitamin B2: 0.46mg (26.83%), Vitamin B1: 0.39mg (25.72%), Vitamin E: 3.45mg (22.97%), Vitamin C: 18.37mg (22.26%), Folate: 83.8µg (20.95%), Vitamin B5: 2.09mg (20.94%), Iron: 3.47mg (19.28%), Fiber: 4.61g (18.46%), Zinc: 2.66mg (17.76%), Calcium: 89.64mg (8.96%), Vitamin B12: 0.23µg (3.78%)